**Lectio Divina**

**Pray**

The Benedictine Christians of the 6th century introduced a form of meditation and prayer called *lectio divina*. They used a patter composed of several steps that allowed them to focus on a particular text, to think about it from various angles, to pray and to try to be become aware of what God revealed to them through that passage. Use this modified form of the *lectio divina* to absorb God’s voice through his scripture.

**Silencio** *(Silence)*

Take time to be silent: prepare to communicate with God as he expresses himself to you in this passage of scripture. After a period of quiet, ask God’s help as you enter this session of meditative prayer.

**Lectio** *(Read)*

Read Psalm 34 aloud (to yourself) three times slowly. Allow the words and the meanings to sink into your soul. Take note of words or phrases that stick out to you as you read.

**Meditatio** *(Meditate)*

Meditation is like chewing: slow and thorough. Write notes about what you see in the passage. Make connections between sections and thoughts. Ask yourself: “what do these words from God say? What do they mean?” Put yourself in the passage and ask God to examine you.

**Oratio** *(Prayer)*

Pray using the passage as an outline for your words. Read the passage phrase by phrase, responding to God after each.

**Contemplatio** *(Contemplate)*

Wait in stillness once more. Ask that God bring to your mind any areas of your life that you need to work on: things the passage brings up like fears, keeping yourself from sinning, etc.

**Incarnatio** *(Live it Out)*

What precisely should you be believing, thinking, and doing as a result of this passage? Make notes about how you hope to bring these words from God into your current lifestyle.

Source: *Never Beyond Hope*, pp. 134-135, J.I. Packer and Carolyn Nystrom, Intervarsity Press, 2000.

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